

Washington State students report significant reductions in drug use in the 2000 Statewide Adolescent Health Behavior Survey. An across the board decline in alcohol, tobacco, and other drug use is being reported for the first time since the statewide survey was initially administered in 1988. It is clear that our state continues to have a major problem with adolescent drug use, however, commu-

The survey was a cooperative effort of the Department of Social Health Services' Division of Alcohol and Substance Abuse and Research and Data Analysis; Office of Superintendent of Public Instruction; the Office of Community Development; and the Department of Health.

Alcohol continues to be the substance of choice among Washington's students, followed by smoking tobacco and marijuana. This finding is true for both lifetime prevalence and 30-day

use. The average age of first use of alcohol, tobacco, and marijuana did not change from 1998 to 2000. After essentially steady increases from 1992 to 1998, binge drinking decreased among students in Grades 6, 8, and 10, and leveled off among students in Grade 12.

Most students understand that secondhand smoke is harmful. Grade 6 students were much more likely than older students to report that they had practiced in class ways to say "no" to tobacco during the past year. About two-thirds of Grade 6 students and about three-fourths of older students said that they had seen or heard anti-smoking ads at least once a week during the past 30 days.

Marijuana use in the past 30 days decreased during 1998 to 2000 among 8, 10, and 12 grade students. This change was associated with a continued increase in the percentages of students who thought there was great risk in smoking marijuana.

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## Washington State Survey of Adolescent Health Behaviors 2000

*By Steve Smothers, Prevention Services Lead Worker*

nities should be reassured by this news that progress can be made by prevention, intervention, and treatment and enforcement professionals and volunteers working together.

The 2000 Washington State Survey of Adolescent Health Behaviors (WSSAHB) is the sixth statewide survey assessing the health-related attitudes and behaviors of Washington's public school students. A total of 17,870 students in 98 elementary, middle, and high schools across the state participated in the sample, which was designed to represent all students in Grades 6, 8, 10, and 12 across the state. Of those schools asked to participate in the survey, 63 percent of Grade 6 students, 73 percent of Grade 8 students, and 62 percent of Grades 10 and 12 students took part in the survey.

Notably, another 85,662 students in 472 schools participated in the survey on a volunteer basis to obtain school-specific results to use in planning and evaluating prevention and intervention programs. More than twice as many students, and nearly twice as many schools, participated in the 2000 administration of the WSSAHB as compared to 1998, and that administration included twice as many students and schools as the 1995 administration. This continued increase in participation may reflect increasing interest in health-related information and is a tribute to the effective collaboration among the sponsoring agencies and community members.

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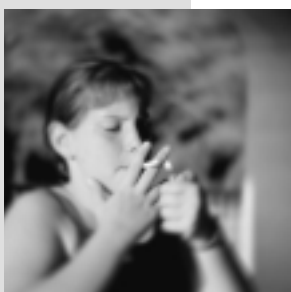
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## FOCUS



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### Current Use of Alcohol

Alcohol use in the past 30 days was reported by 6.6 percent of Grade 6 students, 22.8 percent of Grade 12 students, 37.6 percent of Grade 10 students, and 46.8 percent of Grade 12 students. Because the survey questions regarding current use of alcohol changed in 2000, the results are not comparable to those from previous survey administration.

After a steady increase from 1992 to 1998, binge drinking decreased among students in Grades 6, 8, and 10 and leveled off among Grade 12 students. The rates for binge drinking are: 4.7 percent of Grade 6 students, 14.9 percent of Grade 8 students, 23.2 percent of Grade 10 students, and 31.8 percent of Grade 12 students reported binge drinking in the past two weeks.

### Tobacco

Cigarette use in the past 30 days among Grade 6 students remained essentially unchanged from 1990 to 2000 (4.0 percent in 2000). Among Grade 8 students, cigarette use in the past 30 days increased from 12.1 percent in 1990 to 18.8 percent in 1995;

and then decreased to 12.5 percent in 2000. Among Grade 10 students, cigarette use climbed from 1990 (15.1 percent) to 1995 (20.9 percent) and had a small decrease in 2000 (19.8 percent).

Smokeless tobacco use in the past 30 days decreased from 1998 to 2000 among students in Grades 8, 10, and 12. Smokeless tobacco use decreased from 6.7 to 2.1 percent among Grade 8 students, from 9.6 to 4.6 percent among Grade 10 students, and from 12.4 to 8.8 percent among Grade 12 students.

### Marijuana

Marijuana use in the past 30 days decreased from 1998 to 2000 from 16.5 to 12.0 percent among Grade 8 students, from 26.6 to 21.9 percent among Grade 10 students, and from 28.7 to 24.4 percent among Grade 12 students. These declines represent a substantial decrease in marijuana users.

The 2000 WSSAHB is part of an ongoing effort to assess the health of youth throughout Washington State. The results of the survey are used by stakeholders at the state, county, district, school, and community levels and are used in developing and improving prevention and intervention programs to better the lives of youth.

## Letters to the Editor

Please send questions, comments or suggestions for articles to:

Deb Schnellman  
PO Box 45330  
Olympia, WA 98504-5330  
email: [schneda@dshs.wa.gov](mailto:schneda@dshs.wa.gov)

### Washington State Resources

DASA: <http://www.app2.wa.gov/dshs/dasa>

Chemical Dependency Professionals:  
<http://www.cdpcertification.org/default.asp>

Alcohol/Drug 24-Hour Helpline:  
1-800-562-1240  
[www.adhl.org](http://www.adhl.org)

Alcohol/Drug Prevention Clearinghouse:  
1-800-662-9111  
[www.adhl.org/clearinghouse](http://www.adhl.org/clearinghouse)

Media Literacy:  
[www.teenhealthandthemedias.net](http://www.teenhealthandthemedias.net)

**DSHS Secretary**  
Dennis Braddock

**DASA Director**  
Ken Stark

**Newsletter Coordinator**  
Deb Schnellman

FOCUS is published quarterly for those in the chemical dependency field by the Division of Alcohol and Substance Abuse, within the Washington State Department of Social & Health Services.

## DASA Employees Receive DSHS Outstanding Employee Awards

By Jean Phillips,  
DASA Administrative Services Chief

The Department of Social and Health Services (DSHS) officially celebrated outstanding employee achievements and contributions through the "Making a Difference in 2000" awards ceremony held recently in Olympia. DSHS Secretary Dennis Braddock affirmed that the strength of our organization is the dedication and commitment of all of our employees to the mission of serving our clients' needs, and that those chosen by their peers to receive recognition awards represented the "best that is in all of us".

Tonja McDougall, Secretary Senior/Word Processor for the Division of Alcohol and Substance Abuse (DASA) was honored as one of DSHS Headquarters Regional Outstanding Employees for 2000 for her professionalism and consistent high quality work, her initiative and creativity to improve quality of service, and the positive working relationships she engenders. Tonja was recognized for her remarkable technical word processing skills and her ability to work as a vital team member. She has assisted many DASA staff by designing technically accurate, attractive, and user-friendly documents for many complex research surveys, important reports, and grant applications. According to her peers, "Tonja treats everyone with the greatest respect and consideration and has time to put in a kind word or to share a laugh, in spite of a very demanding job. Her winning "can-do"

attitude has been an inspiration to all who know her."

During the Outstanding Team Awards, Deb Schnellman, DASA's Communications Manager, was recognized as part of the DSHS Communications Team. The DSHS Communications Team works to ensure DSHS is the first and best source of information about our services, promotes news coverage of how DSHS's partners and services help people, and promotes our efforts to improve services. Two DSHS initiatives that are currently being promoted by the Communications Team are the DSHS Accountability Scorecard, and the Endharm campaign to prevent abuse and neglect of children and vulnerable adults. More information about these initiatives is available at [www.wa.gov/dshs/geninfo/endharm.html](http://www.wa.gov/dshs/geninfo/endharm.html), and [www.wa.gov/dshs/geninfo/dshscard.pdf](http://www.wa.gov/dshs/geninfo/dshscard.pdf).

## Saying It Out Loud Conference

By Harvey Funai, Regional Administrator

The DASA Region 4 Gay, Lesbian, Bisexual, Transgender, and Questioning (GLBTQ) Technical Advisors Work Group was the primary sponsor of the Saying It Out Loud Conference held on May 22, 2001, in Fife. This year's theme was Diverse Communities, Diverse Issues, to acknowledge the wide range of services necessary to address the needs of the GLBTQ communities. The conference was made possible through the collaborative partnership developed between local GLBTQ community advocates, Stonewall Recovery Services, the Division of Alcohol and Substance Abuse (Headquarters & Regions 3, 4 & 5), Mental Health Division's Sexual Minority Subcommittee, King County Mental Health, Chemical Abuse and Dependency Services Division, and Pierce County Human Services.

The conference drew over 200 individuals representing tribes, urban Indian organizations, other ethnic minority specific programs, mental health, alcohol, tobacco and other drug (ATOD) prevention and treatment, public health, and community leaders. Dr. Terry Tafoya, a Native American storyteller, was the keynote and plenary speaker. He kept the audience engaged through using a combination of storytelling, personal experiences, and humor.

Workshops included pertinent topics such as ATOD preven-



Keynote speaker Dr. Terry Tafoya

tion, designer drugs and the rave scene, methamphetamines, sexual orientation, youth treatment issues, same sex domestic violence, creating a safe work environment, transgender issues, and survivors of childhood sexual abuse. Workshop presenters, organizers, planners, volunteers, and others involved in the conference did an excellent job as participants who completed their evaluations rated their overall satisfaction with the conference at 4.8, with 5.0 being the highest possible score. Indi-

vidual comments from participants included appreciation of the Department for promoting their personal feelings of acceptance, support, and empowerment.

Considerable effort also was evident in the quality of exhibitors, including the Division of Access and Equal Opportunity, Stonewall Recovery Services, Alcohol and Drug Clearinghouse, Triangle Square, Therapeutic Health Services, and other gay friendly organizations targeting GLBTQ communities.

Last, we want to recognize Teresa Holt, Geoff Miller, Kim Murillo, David Wertheimer, Liz Wilhelm, Harvey Funai, and Mary Sarno, who received awards at the conference for their ongoing

leadership, vision, and efforts to improve outreach, prevention, and treatment services to the GLBTQ communities.

Saying It Out Loud: Thank you, even though it could never express our appreciation of your efforts to better serve our GLBTQ consumers.

## Highlights of the Statewide Client Satisfaction Survey 2001

By Felix Rodriguez, Ph.D., Research and Evaluation

The Division of Alcohol and Substance Abuse (DASA) has recently completed the first statewide client satisfaction survey. The purpose of the survey was to assess clients' perception of the quality of alcohol/drug treatment services they receive. Information given by clients will be used to improve treatment programs in Washington State. Participating treatment facilities, 186 in all, asked all of their adult clients who were receiving treatment during the week of March 26-30, 2001, to complete the survey. A total of 8,094 clients completed the survey, which included 465 from intensive inpatient, 187 from recovery

house, 338 from long-term residential, 6803 from outpatient/intensive outpatient, and 303 from methadone programs. Here are some of the results:

- Overall, 96 percent of clients in the survey reported they were satisfied with the service they have received with 51 percent saying they were very satisfied and 45 percent saying they were mostly satisfied.
- Ninety-three percent of clients reported they were satisfied with the comfort and appearance of their treatment facility with 48 percent being very satisfied and 45 percent being mostly satisfied.

- Eighty-one percent of clients reported that the staff treated them with respect all of the time.
- Ninety-four percent of all clients rated the group sessions as helpful with 60 percent reporting they were very helpful and 34 percent reporting they were somewhat helpful.
- Eighty-six percent of clients rated individual counseling as helpful with 60 percent saying it was very helpful and 26 percent saying it was somewhat helpful.
- If clients were to seek help again, 86 percent stated they would come back to the same program with 52

percent saying they will definitely come back and 34 percent saying they will probably come back.

Participating agencies have received a confidential copy of their agency's results. A statewide report on the results of the survey may be obtained by calling the Washington State Alcohol Drug Clearinghouse at 1-800-662-9111, or at (206) 725-9696 (within Seattle or outside Washington), or by writing them at 3700 Rainier Avenue, Suite A, Seattle, Washington 98144. For more information about the survey, please contact: Felix Rodriguez, Ph.D., at (360) 438-8629 or at [rodri@dshts.wa.gov](mailto:rodri@dshts.wa.gov).

# Drug Free Washington Month Statewide Awards

*By Deb Schnellman, DASA Communications Manager*

During the month of April many Washington schools and communities sponsor local events to celebrate and promote Drug Free Washington Month. In addition, DASA collaborates with other agencies to sponsor statewide events. This year's statewide events included a youth poster contest and Governor's Recognition Awards.

Students from around the state submitted posters with a drug-free message based on the theme "Drug Free, You and Me, Making a Safer Community." The winning posters were selected by the Liquor Control Board, which sponsors the contest. Co-sponsors were the Office of Superintendent of Public Instruction, King County Community Organizing Program, and the State Division of Alcohol and Substance

Abuse. Winners received art supplies and other prizes. First place winners also received a framed copy of their poster, and their poster was printed and sent to all Washington schools.

The winning posters can be viewed and ordered through the Liquor Control Board's website: [www.liq.wa.gov/education/poster\\_order.asp](http://www.liq.wa.gov/education/poster_order.asp)

The Governor's Recognition Awards were sponsored by the DSHS Division of Alcohol and Substance Abuse and the Governor's Council on Substance Abuse.

An awards ceremony was held in Olympia and Spokane to honor all winners. To all who were honored and all who participated in Drug Free Washington Month... congratulations, thank you, and keep up the good work!

## This year's winners were:

### First Place:

Chelsea Walke, Marysville  
Mackenzie Crowell, Hunters  
Laura Sauer, Ritzville  
Christopher Spangler, Ritzville

### Second Place:

Autumn Grassel, Ellensburg  
Jin Hwa Seo, Lynnwood  
Craig Froslic, Port Townsend  
Ronald Brennecke, Ritzville

### Third Place:

Aaron Boren, Marysville  
Jouceln Franco, Othello  
Leann Besel, Ritzville  
Jorge Marron, Cashmere

The following individuals and programs received a 2001 Drug Free Washington Month Governor's Recognition Award for their outstanding prevention accomplishments:

### Leadership Award:

- Katherine Hintyesz, Spokane
- Earlyse Swift, Lacey
- TOGETHER! Board of Directors, Lacey
- Daniel Bissonnette, Gig Harbor

### Elder Award:

- Val Roney, Monroe
- Tom Strongin, Fairchild AFB
- Jacque Wallace, Stanwood

### Innovation Award:

- Greater Spokane Substance Abuse Council's REACT Program
- Leona Moran, Kenmore
- The PLADD Group, Pasco

### Collaboration Award:

- Sarah Mariani, Everett
- South Whidbey Youth Advocates, Langley
- Whitman Middle School S.T.A.R.S., Seattle
- Community Mobilization Against Substance Abuse Coordinators (statewide)



Chelsea Walke, Grade 11  
1st place poster contest winner  
Marysville-Pilchuck High School



Community Mobilization Against Substance Abuse Coordinators receiving the Governors Collaboration Award

## Prevention Communities Lose Longtime Advocate

By Jennifer Lane,  
Grant County PARC



Bob Skidmore, a long time prevention advocate and leader in Moses Lake, passed away in April at the age of 54. Bob was working in his garden and apparently suffered a heart attack.

Bob's many years of work to prevent drinking and driving, in Grant County and statewide, were honored at last year's Statewide Prevention Summit, where he received a Washington State Exemplary Substance Abuse Prevention Award. In 1995, he was presented the Excellence in Education Traffic Safety Award. Bob's dedication to prevention was truly driven from the heart. His commitment was not driven by money or recognition but from a genuine care and concern for youth. He volunteered thousands of hours to the field and earned the respect of individuals throughout Grant County and Washington State.

In 1993 Bob's life was struck

with tragedy when another's drinking and driving killed his 16-year-old son, Trent. Bob turned this tragedy into an opportunity to change the way youth perceive drinking and driving. He impacted thousands of youth through his presentations across the state. His message was not one of bitterness, but clearly one of care and concern for youth and families, hoping to save others from suffering the grave consequences of drinking and driving.

Bob was a member of Grant County PARC's Advisory Board, formally the Prevention Council, for the past five years. During that time he showed leadership, dedication, and commitment to youth and families in the county. He took the role as board chair and was actively involved in advocating for and directing prevention efforts in the county. Bob was a frequent speaker for MADD, SADD and DUI victim's

panels throughout the state.

Most recently, Bob and his wife Jackie volunteered with the Benton-Franklin Substance Abuse Coalition to develop and raise funds for a new interactive DUI CD-ROM. The CD ROM will be used to teach teens between the ages of 14 and 18 about the consequence of alcohol and drug use. The CD ROM will be available for use in Drivers Education and Health classes across Washington State. Last year, Bob was a key player in preventing a beer garden from being placed in the Grant County fair. His testimony, along with his encouragement for others to testify, convinced the county commissioners to deny the beer garden.

Bob's wife, Jackie said that giving so much to substance abuse prevention was Bob's way of dealing with losing their son. "He loved working with kids," Jackie said.

## Seventh Opiate Substitution Treatment Report Now Published

By David H. Albert, Senior Planning and Policy Analyst

The Division of Alcohol and Substance Abuse has just published its seventh annual outcome report, "Determining the Value of Opiate Substitution Treatment". Prepared by Brent Baxter at the Alcohol and Drug Institute, University of Washington, and David Albert, DASA Senior Planning and Policy Analyst, the report focuses on two policy questions:

- Does opiate substitution treatment contribute to reducing the negative consequences of opiate addiction related to crime, health problems, employment, and reliance on public assistance programs?
- Does opiate substitution treatment support the Department of Social and Health Services' mission by assisting individuals in achieving safe, self-sufficient, healthy, and secure lives?

The report is based on a sample of more than 1,200 patients discharged from treatment between April 1999 and March 2000. Changes in patients' drug use and lifestyles were analyzed by comparing significant variables in the 12-month period prior to treatment and at discharge.

Legislation enacted during the past Legislative Session will make it possible to expand both the size and number of opiate substitution treatment programs in Washington State. DASA has set aside some additional funding to assist programs in serving publicly funded patients in counties not previously served.

In addition, the legislation requires a management report similar to that already published, but also focusing on reasons that patients are discharged from each program. Future reports on individual programs will be "case-mix adjusted", so that it will be possible to determine whether the variable success rates of each program are attributable to the patients being served rather than the services being delivered. As opiate substitution treatment

is a modality often requiring long-term maintenance, DASA also hopes to develop a methodology to study patients while they are still in treatment, rather than only after they are discharged.

Copies of the 2001 report are available from the Alcohol/Drug Clearinghouse: call 1-800-662-9111 or (206) 725-9696.

### Results of the study are presented in the following table

	Publicly Funded Clients	Private-Pay Clients
Drug offense arrests were reduced	63%	81%
Property crime arrests were reduced	64%	75%
Overall arrests declined	54%	72%
Medical hospital admissions were reduced	59%	81%
Emergency room visits decreased	70%	75%
Major health care service dropped	56%	71%
Psychiatric hospitalization declined	55%	75%
Public assistance utilization was reduced	13%	N/A

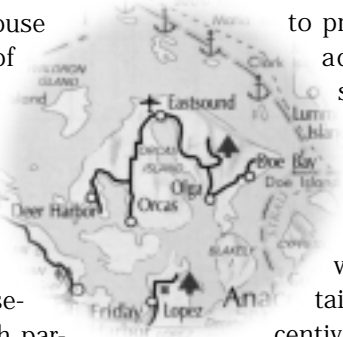
These data are consistent with national studies and findings in Management Reports for prior years.

## A Small Rural Community Gets Organized

By Moriah Armstrong, Director, Orcas Island Prevention Partnership

In 1998, the Children's House Family Resource Center of Orcas Island was inundated by calls from families who were worried about their teens and substance abuse. Funded by Community Mobilization and Readiness To Learn, a series of open meetings with parents, community members, and teens explored the extent of the problem and identified the many needs. It was obvious that more serious community planning was needed to address the underlying factors that placed youth at risk. A list was drawn up of influential and active community members concerned about this issue, and personal phone calls made. Parents, youth, community members, social service providers, school staff and office holders were invited to become a committed voice and presence in the community to address and reduce youth and community substance abuse.

To begin this process, the Task Force received training in alcohol and substance abuse prevention and the risk and protective factors. Many Task Force members were impatient to act, but were encouraged to complete the step-by-step process of prioritizing the risk and protective factors it would like to address, developing outcomes, and reviewing community resources. Because of the training, the Task Force learned how important it was



to provide multiple strategies across the domains of school, family, community, and individual.

With a comprehensive strategy in place, the re-named Orcas Island Prevention Partnership obtained a three-year State Incentive Grant in 1999 for \$89,000 per year to address poor social skills, school climate and lack of supervision and monitoring. An empathy, problem solving and conflict resolution curriculum, 2nd Step, was used to train elementary school teachers and staff. Pre-and-post tests showed clear gains in conflict resolution skills. However office discipline referrals were only reduced by a modest 10%. This modest decrease was disappointing, but may reflect the school's increased commitment to creating a respectful climate and zero tolerance policy for bullying. An after-school program was established with a collaborative partner, The Funhouse, where 92 students participated in SMART Moves, a substance abuse prevention curriculum with a strong, creative games element added. An average of 55 students per day utilized the After School Program, which provided contact with loving and caring adults, an enriched learning and play environment, and volunteer tutors.

In 2000 OIPP obtained a three-year Drug Free Community Support grant for

\$87,000 to promote collaboration, decrease youth substance use and, over time, decrease adult substance abuse. Strategies include: 1) a highly successful After Hours program at The Funhouse for teens on Friday and Saturday night. This program has grown to an average attendance of 110 students an evening - almost 40% of the middle and high school population on Orcas Island; 2) a nontraditional High School Psychology class which provides an open discussion format to address the issues of self, relationship, gender, race, violence, and substance abuse; 3) a local media campaign; 4) parent class meetings to promote parent networking; 5) community education to increase community capacity and commitment to reduce the availability of alcohol and substances to minors; and 6) a full time Prevention Specialist to implement and evaluate the Partnership strategies.

Short-term outcomes for these programs appear favorable, but the ultimate outcomes of reduction in youth substance use will be measured in the years to come as the Washington State Adolescent Health Behavior Survey is administered annually in the fall.

When OIPP first began its work, it had no idea what resources it would be able to access and the impact it would have on the community. Joining together in partnership, getting training, and doing the hard work of strategic planning that reflects the unique needs of each individual community does pay off. OIPP encourages other communities to discover the power and the money of working together!



Washington State  
Department of Social  
& Health Services

### WILL YOUR KIDS USE DRUGS?

Not worried about your 10-year-old using alcohol, tobacco or other drugs? Unfortunately, today's kids are making decisions about drug use at increasingly younger ages. The average kid begins using alcohol before the age of 12. By the time Washington students reach the 8th grade, one out of every five are drinking regularly, and one out of eight are using tobacco and marijuana.

Fortunately, there are proven ways you as a parent can help your kids stay drug-free. Find out about your child's risks for using drugs, and how you can reduce those risks, by calling or sending for your free Will Your Kids Use Drugs? risk quiz for parent's. Don't wait - your kids aren't getting any younger.

To Order Parent's Risk Quiz: 1-800-662-9111 or email: [clearinghouse@adhl.org](mailto:clearinghouse@adhl.org)

## Parent-Child Assistance Program Helps Women with FAS

By Lisette Austin

The Parent-Child Assistance Program (P-CAP) at the University of Washington has received funding from the March of Dimes Washington State Chapter for a project called "Prevent Double Jeopardy" that will provide services to women who have Fetal Alcohol Syndrome (FAS) or Fetal Alcohol Effects (FAE).

"Women who themselves have FAS or FAE and become pregnant have a high likelihood of drinking during pregnancy and producing yet another generation of children who are also damaged by prenatal alcohol exposure," says Dr. Therese Grant, P-CAP Director and Research Assistant Professor, Department of Psychiatry and Behavioral Sciences in the UW School of Medicine.

P-CAP has enrolled a small number of women who themselves have a diagnosis of FAS. Because of their permanent, organic brain damage, they present with different capacities, needs, and potentials than the clients P-CAP has traditionally served. Research indicates that FAS patients can be at increased risk for problems with alcohol and drugs, housing, employment, and legal issues.

The March of Dimes gift of \$24,869 will allow a P-CAP clinical social worker to collaborate with community providers in King and Pierce Counties to develop specialized strategies to help these women find and utilize appropriate services.

P-CAP is an award winning intervention model originally funded in 1991 as a federal research project. The program has proven to be highly effective in intervening with pregnant and postpartum mothers who abuse alcohol and drugs, in order to prevent future births of children affected prenatally by these substances.

### The following success stories were submitted by two P-CAP clients:

"My P-CAP worker has been the most hard-working and supportive service provider I have even known.

I met my P-CAP advocate in December of 1999. I was three months pregnant and had less than 30 days clean. I was not happy to say the least about having a new person in my life watching over me and waiting for me to mess up, or so I thought.

In the last 14 months, I've discovered how much I need my P-CAP advocate in my life. She has helped me through some very difficult times. I've been to jail and she was instrumental in getting me out the same day I went in.

She saw me through my daughter's heart problem. She was at the prenatal ultrasound and doctor's appointments,

and came to the hospital when my daughter was born. She was at the hospital the morning my daughter had her open heart surgery. She was a rock and I love her like she is a part of my family.

She is helping me get my life together by helping me find a place to live, getting me a great therapist, and helping me get into school. Today I am grateful for all she has done."

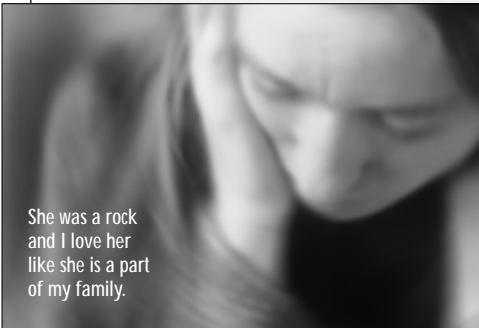
— Angie, P-CAP Client

"I worked with my P-CAP advocate for a year and half and have found the P-CAP program to be very accomplishing. My advocate has supported me through trying times with my son, my personal life, and my drug treatment at the Genesis House.

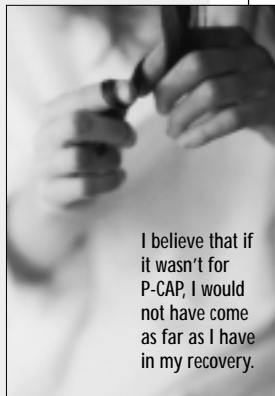
I believe that if it wasn't for P-CAP, I would not have come as far as I have in my recovery, as well as in my parenting skills. Your program has become a major part of my safety net, taught me about myself, and made the person that I have always wanted to be become a reality.

I would like to thank everyone who has supported me in becoming a better parent as well as a better person. I hope that P-CAP is around for a long time, I know that it could help a lot of people the way that it has helped me. God bless, and again, thank you from the bottom of my heart."

— Andrea, P-CAP Client



She was a rock  
and I love her  
like she is a part  
of my family.



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# YWCA After School Program: Prevention is People

By Molly Gilden, Spokane Young Women's Christian Association (YWCA), After School Program

After working with homeless children for the past six years, I am convinced more than ever that prevention is people. The after school program that I manage for children who reside in shelters and in transitional living situations has had invaluable input from numerous community volunteers over the years. Recently,

what was said. The thank you that I saw was not only for the hiking adventure but also for rescuing him from a life that he felt was empty and purposeless. Thank you, Tom!

Kelly Tougas, is the Scout Leader for our Girl Scout's troop. Kelly brings her warmth, enthusiasm, and leadership to

the girls involved in our program. Kelly has invested tremendously in the lives of these girls by arranging field trips, such as Camp Day, at the Girl Scout Camp in the area and bringing projects that inspire creativity and develop empathy. Kelly and the girls have "reversed

trick or treated" (instead of receiving treats you pass them out) at a local children's hospital, made soap, wrote a play, and conducted science experiments. I had to laugh on the day that they conducted their science experiments. I walked into our kitchen and saw Kelly and all the girls dressed in white lab coats with their eyes intensely glued on the chemical reaction they were causing. Kelly, thank you for bringing to these girls the experiences they were meant to have as children and bringing the sense of normalcy and belonging that they so desperately need.

People frequently ask me what these children need because they are homeless. These children, like all children, need to feel valued, connected, and purposeful.

Value, belonging, and purposefulness, the greatest defenses against drug and alcohol abuse, are only communicated through meaningful relationships and during the quality time spent with our children.

*Molly is the program manager for the YWCA's After School Program for children grades K-8 who are homeless and live primarily in shelters. The YWCA has been a subrecipient of DASA prevention funds for the past six years, and runs a very effective prevention program for this fragile population. The program addresses many issues that come with homelessness by enhancing protective factors through building strong relationships among children, staff, volunteers, and parents. The program is structured to provide children with choices that allow them to use their gifts. Responsibility and accountability is being stressed. The YWCA collaborates with many other agencies such as: Boy and Girl Scouts, Camp Fire, Eastern Washington University Recreational Management Department, the Prevention Center, US Tennis Association, Washington State University/Cooperative Extension and M.E.S.A. (Mathematics, Engineering and Science Achievement). The M.E.S.A. Program is a*



I have had the opportunity to witness prevention vividly portrayed through the service of two of our volunteers, Tom Edelbrock and Kelly Tougas.

Tom Edelbrock leads our boy's program. Tom is a police officer and has a degree in wildlife biology. He brings his love of wildlife and the outdoors to the boys by teaching them how to build bird houses and taking them on nature walks. The other day, I witnessed prevention in action during a hiking trip Tom had with the boys that was so powerful I was awestruck. One of the boys, during the end of the hike, came up to me with shining eyes, a flushed face, and smiling ear to ear, and said "I just want to give Tom a big thank you!" From the look on his face I knew that the sense of value, belonging, and relationship that Tom had communicated to this young man was more powerful than any drug or destructive peer influence. The look on his face was full of gratitude and joy and the thank you that this boy wanted to give Tom was more far-reaching in its meaning than



*School District 81 program to enhance opportunities and awareness for students who are underrepresented. Youth provide community services by visiting convalescent homes and picking up trash in the park. (Gunthild Sondhi, Spokane County Prevention Program Manager).*



# DASA RSVP Team Receives Governor's Recognition Award for Service and Quality Improvement

By Jean Phillips, Administrative Services Chief

In April 1997, Governor Gary Locke issued an Executive Order on Quality Improvement requiring state agencies to develop and implement plans to improve the quality, efficiency and effectiveness of the public services they provide. Each quarter, "Governing for Results" is published to highlight quality improvement projects throughout Washington State government. The projects selected for special recognition by the Governor's Office have shown tangible results such as new revenue generation, resources and dollars saved, and streamlined processes to provide better and quicker services. Recently the Division of Alcohol and Substance Abuse (DASA) Residential Service Vendor Payment (RSVP) team received such a quality recognition award.

For many years, DASA had used a voucher system to reimburse providers of inpatient alcohol and drug abuse treatment. With improved and expanded data collection methods at DASA and

with recent advances in electronic communications, providers and staff became aware the voucher system and data collection system were collecting similar data. In 2000, DASA piloted a new payment system with two providers. In this new system, payment was based on client specific data already collected to meet federal and state tracking requirements, eliminating the need to submit and track additional information by voucher. After a successful pilot test, DASA began implementing the new Residential Service Vendor Payment System (RSVP) in the last half of 2000. By March 2001, RSVP was up and running throughout the state.

Team members included Corki Hirsch, Fritz Wrede, Eric Sedivy, RoseMary Micheli, Ana Cretu, David Bollinger, Sue White, Stan Kowalkowski, Edie Henderson, Jim Friedman, and Frank DiMichel. For more information contact Corki Hirsch, (360) 438-8088.

## As of May 2001, RSVP continues to receive high praise with the following results:

- Payments of services are timely, and more accurate. The new system has encouraged greater electronic fund transfer of payments. Payments are always within 30 days compared to problem payments delayed 3 months and longer.
- Providers save valuable time and may save \$100,000 per year in administrative costs.
- Linking payment directly to data collection results in more timely and accurate information.
- Cash flow is easier to track.
- DASA saves \$20,000 per year in administrative costs by eliminating reliance on a voucher system duplicating DASA's data collection system.

## Citizens Advisory Council (CAC) on Alcoholism and Drug Addiction

By Tommy R. Thomson, Citizen Advisory Council Member

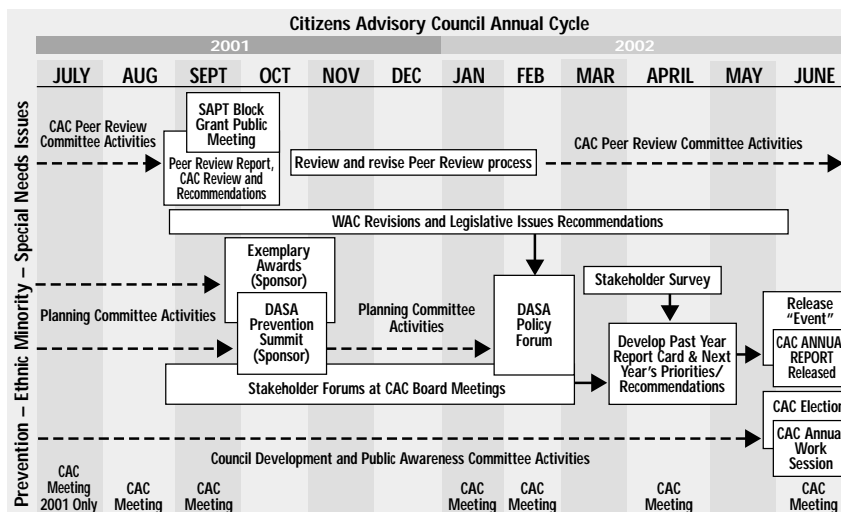
At its two-day work session meeting in May this year, the Council adopted its Annual Cycle Plan for fiscal year ending June 30, 2002. The plan is focused on conducting advisory and public activities that will result in a written CAC Annual Report to be released in June 2002.

The objective of that report is to describe these activities and to set forth Council recommendations for the future. Those recommendations will be designated into two categories: 1. Internal-Department affairs and activities:

and, 2. External-such as legislative issues, budget matters, WAC revision, Peer Review, Block Grants, Statewide community needs, and other matters. This Annual Report will be made available to Government Officials and all interested stakeholders.

The Councils "Cycle Calendar" is presented below to graphically reflect our activities to this end. It is the hope of the CAC that all interested stakeholders, especially local County Boards, will have the opportunity to be-

come connected and involved in this process. As the CAC goes forward, we would be interested in hearing about questions or concerns that you may have. You may contact Doug Allen at DASA, (360) 438-8060, e-mail allende@dshs.wa.gov or Tommy R. Thomson CAC Member, at (360) 734-3939, e-mail trtcpa@pacificrim.net.



In 1998, with overwhelming bipartisan Congressional support, the White House Office of National Drug Control Policy launched an historic 5-year media campaign to encourage kids to stay drug-free. The Campaign targets youth ages 9-18 – especially the vulnerable middle-school adolescents – their parents, and other adults who influence the choices young people make. Washington State's two largest media markets, Seattle and Spokane, are included in the paid advertising component of this campaign, which includes radio, television and newspapers.

To get the word out across every economic and cultural boundary, the Campaign uses a mix of modern communications techniques – from advertising and public relations to interactive media – and all possible venues – from television programs to after-school activities – to educate and empower young people to reject illicit drugs. The Campaign also teams up with civic and non-profit organizations, faith-based groups, and private corporations to enlist and engage people in prevention efforts at school, at work, and at play.

From the extensive list of what the campaign has accomplished, some of the highlights include:

- Reached 90 percent of America's youth at least four times a week through advertising.
- Communicated advertising messages in multiple languages to youth and adults in various ethnic groups, including African Americans, Hispanics, American Indians, Asian Americans and Pacific Islanders.
- Formed partnerships with six television networks that have produced their own anti-drug PSAs (ABC, CBS, NBC, FOX, ESPN, and the Warner Brothers' Network).
- Accomplished 108 percent media match at a value of \$342 million.
- Campaign web sites have received more than 14.5 million page views since the launch of the Campaign.
- Developed the following Campaign Web sites:
  - Freevibe.com for kids age 10 to 17 – a collaborative effort with Sony Pictures Digital Entertainment, the National Clearinghouse for Alcohol and Drug Information
  - Freevibe Teachers Guide (teachersguide.org)
  - theantidrug.com infor-

- mation for parents – brochures available in six languages
- StraightScoop.org for junior high and high school journalists
- Mediacampaign.org (subscribe to email updates, parenting tips, and download banners and ads)
- AOL's Parents' Drug Resource Center (PDRC) (Keyword: Drug Help)
- AOL's "It's Your Life" (Keyword: Your Life)
- Published two first-time studies that quantified illicit substance use in popular prime-time television and movies and popular music among youth (Substance Use in Popular Films and Music can be found at [www.mediacampaign.org/publications](http://www.mediacampaign.org/publications)).

Is the media campaign making a difference? The paid ads have resulted in statistically significant increases in awareness of specific anti-drug ads. Ongoing evaluations of the campaign clearly show that the ads are influencing youth. There has been

a substantial increase in the percentage of youth who agreed that the ads made them stay away from drugs (from 61% to 69%). The percentage of youth reporting they learned a lot about the dangers of drugs from TV

commercials increased from 44 to 52 percent.

The campaign, which has now entered Phase III, comprises more than 80 different anti-drug messages in a variety of media, from Internet banner ads to television ads to radio ads and book covers. ONDCP and its partners, such as the Partnership for a Drug-Free America, will continue to work to sustain long-term anti-drug attitudes.

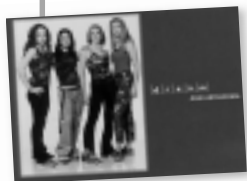
For more information about the resources available from the media campaign, and how to localize them for use in your community, visit the website at [www.mediacampaign.org](http://www.mediacampaign.org). Print ads

can be downloaded from this site for printing in city and school newspapers, newsletters, flyers and event programs. Website banners with drug-free messages are also available for schools and communities. You may also contact Deb Schnellman at (360) 438-8799 or [schneda@dshs.wa.gov](mailto:schneda@dshs.wa.gov) for questions about the campaign, copies of radio, print and television ads and information about promoting drug prevention messages. 🐾

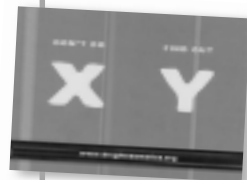
## What's New from the National Youth Anti-Drug Media Campaign?

By Deb Schnellman, Communications Manager

Anti-drug postcards are now available on-line. You can electronically send one of three postcards to your friends, family, clients or business associates. The postcards available are:



◀ The music band Dream's "anti-drug" postcard (<http://postcard.com/cgi-bin/card.cgi?p=dream.jpg>)



◀ PDFa Ecstasy Postcard... "Don't do X, Find out Y." (<http://postcard.com/cgi-bin/card.cgi?p=x.jpg>)



▶ Andy Macdonald's postcard (<http://postcard.com/cgi-bin/card.cgi?p=myidea.jpg>)

Many communities have partnered with media and business sponsors to promote prevention information for parents from the National Youth Anti-Drug Media Campaign. You can too! These and other prevention ads can be downloaded free of charge from the campaign website: [www.mediacampaign.org](http://www.mediacampaign.org) by clicking on "Ad Gallery" on the homepage. Questions? Contact Deb Schnellman at (360) 438-8799 or [schneda@dshs.wa.gov](mailto:schneda@dshs.wa.gov).

At 4:00 my kid will be at

If you can't fill in the blank, you need to start asking. It's a proven way to steer kids clear of drugs. It's not pestering. It's parenting.

**ASK: WHO? WHAT? WHEN? WHERE?**  
**QUESTIONS. THE ANTI-DRUG.**

For ideas on questions to ask, contact us. 1-800-788-2800 • [www.theantidrug.com](http://www.theantidrug.com) • [www.drugfreeamerica.org](http://www.drugfreeamerica.org)

# Upcoming Training and Awareness Events for 2001

## September

National Alcohol and Drug Addiction Recovery Month, [www.health.org/recoverymonth](http://www.health.org/recoverymonth) or [clearinghouse@adhl.org](mailto:clearinghouse@adhl.org)

- 6-7 HIV Prevention Counseling, Testing and Partner Notification, Olympia
- 11-12 HIV Prevention Counseling, Testing and Partner Notification, Spokane
- 12-14 Foster Care Odyssey, 2001 Foster Care Conference, Yakima
- 13-14 HIV Prevention Counseling, Testing and Partner Notification, Tacoma
- 23-24 Youth Counselor Camp, Cispus Learning Ctn.
- 25-26 HIV Prevention Counseling, Testing and Partner Notification, Seattle
- 28-29 Women's Healing Conference, SeaTac

## October

Domestic Violence Awareness Month:, (303) 839-1852

Talk About Prescriptions Month: [www.talkaboutrx.org](http://www.talkaboutrx.org), (301) 656-8565

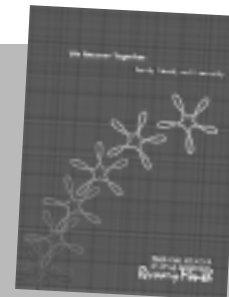
Crime Prevention Month: [www.ncpc.org](http://www.ncpc.org), (800) WE PREVENT

- 8-10 8th Annual Joint Conference on Health, Tacoma, (425) 377-1477, [www.wspha.org](http://www.wspha.org), email: [kathy@wspha.org](mailto:kathy@wspha.org)
- 10-12 FAS/FAE Conference, Fife
- 21-27 National Collegiate Alcohol Awareness Week, [www.bacchusgamma.org](http://www.bacchusgamma.org), (303) 8710901
- 22-31 National Red Ribbon Week, [www.redribbon.org](http://www.redribbon.org), (800) 705-8997
- 22-23 Women's Coalition Conference, Leavenworth
- 25-27 Washington State Prevention Summit, Yakima
- 27 Make a Difference Day, [www.pointsoflight.org](http://www.pointsoflight.org), (202) 729-8199
- Date TBA Hazelden, Betty Ford, Caron Foundation Conference "Women Healing," TBA

## November

Tie One On for Safety Campaign: Thanksgiving Day through New Year's Eve, [www.madd.org](http://www.madd.org)

- 4-7 HIV Care/Prevention Event, SeaTac
- 15 Great American Smokeout, [www.cancer.org](http://www.cancer.org), Washington State Quitline: 1-877-270-7867.
- 29-30 HIV Prevention Counseling, Testing and Partner Notification, Tacoma



National Alcohol and Drug Addiction Recovery Month will be observed during September 2001. The month is set aside to highlight the societal benefits, importance, and effectiveness of drug and alcohol treatment as a public health service in your community. The Center for Substance Abuse Treatment has developed a toolkit that allows you to easily tailor a community outreach program to educate key constituent groups about the need to involve them in improving treatment in your community. The kit offers ideas and suggestions for planning and implementing a manageable campaign that conveys this year's observance theme, *We Recover Together: Family, Friends, and Community*. The toolkit is available from the Washington State Alcohol/Drug Clearinghouse at 1-800-662-9111 or [www.health.org/recoverymonth](http://www.health.org/recoverymonth).

For more information about trainings, call the Training Section at 1-877-301-4557



Washington State  
Department of Social  
& Health Services  
Division of Alcohol & Substance Abuse  
P O Box 45330  
Olympia, WA 98504-5330

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